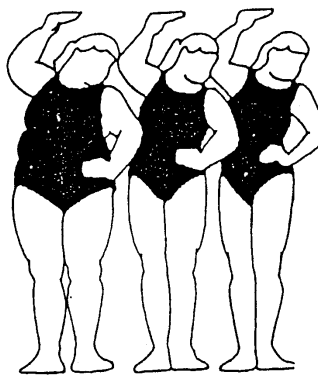


The Healthy Weigh of Life

Interested in losing weight?

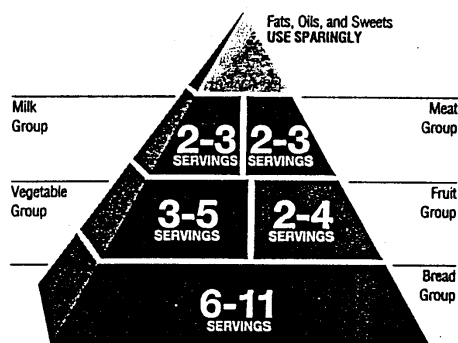
Wonderful!

With some simple planning, you can lose weight and have good health.



Tips for Weight Loss

- ✓ Make health, not looks, your goal. Try to obtain a healthy weight, not just the lowest weight you can reach or an "ideal" weight from a chart.
- ✓ Focus on healthy eating, not on "dieting". Dieting usually lasts for only a short time and rarely is successful. Avoid pills or diets that promise quick weight loss. A slow loss of $\frac{1}{2}$ to 1 pound a week is best.
- ✓ Eating for good health and eating to control your weight are the same thing. Choose a healthy eating pattern that includes a variety of foods from the Food Guide Pyramid.



To lose weight, choose serving amounts from the lower end of the range for each food group. All foods can fit into a nutritious eating plan. Eat plenty of foods rich in fiber such as whole grains, fruits, and vegetables—these will help you feel full faster and longer.

- ✓ Be physically active to lose and keep off extra pounds. Physical activity offers many rewards including weight control, heart health, strong bones, and stress relief. For weight loss, experts recommend a combined total of 30 minutes of moderate activity on most days. Smaller amounts of activity are OK, but try to get at least 30 minutes on most days. If you haven't been physically active, build up the time gradually. Pick an activity that you enjoy and are likely to continue, such as brisk walking, swimming, etc.

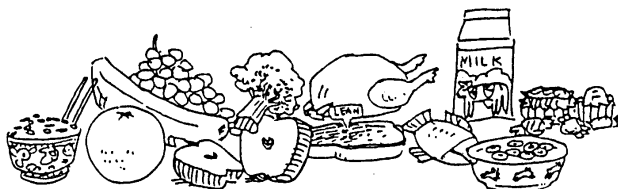


Don't be a couch potato—Put more action in your life!

Activity Tips

Try two of these activities in the next week:

- | | |
|--|--|
| <input type="checkbox"/> Use the stairs. | <input type="checkbox"/> Walk your pet. |
| <input type="checkbox"/> Try a new activity like inline skating | <input type="checkbox"/> Dance to music while you clean house. |
| <input type="checkbox"/> Start a garden or work in your yard. | <input type="checkbox"/> Take a walk each day with a friend. |
| <input type="checkbox"/> Watch less television. | <input type="checkbox"/> Ride a bike. |
| <input type="checkbox"/> Play ball or throw ball with your kids. | <input type="checkbox"/> Wash your car. |
| <input type="checkbox"/> Vacuum or sweep your home. | <input type="checkbox"/> Go for a swim. |



Reduce Calories By Selecting Lower Calorie Foods

As part of a meal:

Eat low calorie

pinto beans
lean hamburger meat
water or diet soda or tea
whole grain cereal
whole wheat toast
baked potato
baked chicken
skim milk
tuna (water packed)
vegetables (raw or steamed)

Instead of

refried beans
chicken fried steak
beer, wine, kool-aid
frosted cereal
doughnut
french fries
fried chicken
whole milk
bologna
fried vegetables, guacamole

As a snack:

Eat low calorie

apple
pretzels
diet soda
graham crackers
plain popcorn
angel food cake
fruit
lowfat frozen yogurt
or lowfat ice cream.

Instead of

apple pie
chips
soda
chocolate chip cookies
corn chips
cake with frosting
candy bar
ice cream

Food Tips

Check two tips you will try in the next week. Put a ☺ by those you already do.

- ☐ Eat 5 or more servings of fruits and vegetables every day.
- ☐ Bake, broil, grill or steam instead of frying.
- ☐ Trim fat and skin from meat.
- ☐ Cook vegetables without fat
- ☐ Use herbs and spices instead of lard or bacon fat.
- ☐ Limit use of gravies and sauces.
- ☐ Use less margarine, butter, sour cream, and salad dressings.
- ☐ Use a low fat cheese such as part skim mozzarella cheese.
- ☐ Fry eggs with less added fat.
- ☐ Eat tortillas without butter or margarine.

